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# VISTA

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# Holding Back the Hands of Time with Biology

By Stefan Kuprowsky, ND and Dr. Phoebe Chow, ND

*It isn't news that North America's population is aging. And there's nothing that we can do to change the fact that a large percentage of adults is over 50. The real news, however, is in the new-found ability to stall the aging process, as scientists discover ways to drink from the Fountain of Youth.*

Advances in scientific and medical knowledge have given us the tools to “grow young.” Mental and emotional soundness coupled with a healthy lifestyle forms the foundation of a youth-enhancing plan. Yet supplementation with glandular extracts that contain concentrated “active cell factors” and “signalling molecules” can be a powerful adjunct to maintain your body's healthy functioning and assist in its cellular rejuvenation. Here are several scientific discoveries made through research with these extracts.

Extracts called bioactive peptides are extremely concentrated extracts of glandular (and other) tissues used to treat chronic degenerative diseases such as cancer, Parkinson's, multiple sclerosis, and psoriasis.

As a naturopath, over the past 10 years I have successfully used bioactive peptides in the treatment of serious chronic diseases such as cancer. Recently, I have experienced success in using bioactive peptides to treat those who have begun to feel the effects of the aging process. After using bioactive peptides, these patients experience an improvement in energy levels and an overall sense of health and well-being.

**Help found in healthy tissue.** Bioactive peptides are naturally formed in single or combinations of different tissues: the thymus, adrenal, central nervous system, liver, pancreas and spleen. Sources of these products are the glands and tissues of healthy animals, including shark's cartilage and pig's organs. The product that I have prescribed the most in our clinic is a

proprietary mixture containing mesenchymal extract, adrenal, thymus and shark cartilage.

**Hard-working, age-defying mesenchymal stem cells.** Mesenchymal extract is obtained by breaking down certain stem cells from mammals' embryonic connective tissue to use their active molecules. Dr. Niehans, a highly regarded Swiss endocrinologist, used it in the 1930s to rejuvenate aging cells.<sup>2</sup> Mesenchymal stem cells have the ability to change their structure to become any kind of cell to help restore damaged or aging tissues.<sup>3</sup> They provide regenerating factors and can boost the energy production of cells. Mesenchymal extract is a rich source of “growth factors” and helps to reduce pain.

**Stress and debilitating fatigue are the most common health complaints we hear in our clinic.** The reality is that these are often symptoms of low or altered adrenal function. Extracts made from healthy adrenal glands provide natural “signalling factors” that help your adrenals function better and help to maintain your body's proper corticosteroid balance.<sup>4</sup> If your adrenal gland function is depleted, you'll notice fairly dramatic physical and emotional changes and poor resistance to stress, as well as general exhaustion and weakness. Supplementation with adrenal extract may stimulate sluggish glands by providing the hormonal kick needed to shift back into the right gear.

The thymus gland is the “master gland” of the immune system. This means that, though it is a little gland, it packs real power, helping to

control all other vital functions of the body's system that removes toxins and fights disease. The thymus gland shrinks in size with age, but its importance remains the same. By age 30, your thymus has decreased in weight by two-thirds and its lymphocytes (white blood cells that fight disease) are reduced by 90 percent. By age 60, its functional tissue has almost completely disappeared.

**Scientists have discovered that the gradual loss of thymus hormones leads to your increased susceptibility to infections, cancer and autoimmune diseases.**<sup>5</sup> Any medicine that restores the integrity and efficiency of the thymus gland increases your resistance to disease and prolongs your lifespan. Thymus extract may help support optimal immune balance. Tests have shown that thymus extract has four times the immune-stimulating effect of standardized echinacea.<sup>6</sup>

Collagen supports the cellular matrix in your body's cartilage, tendons, skin and other connective tissues. This matrix or structure can be destroyed by a special type of enzymes that behave like cutters and cleave the fibrous networking of the matrix. Factors including aging, too much exposure to sunlight, and the wear and tear of joints are all associated with increased breakdown of this connective tissue. **This results in a loss of skin elasticity, wrinkling, sagging, atrophy, arthritis and joint immobility.** These matrix-destroying enzymes are also overactive in various inflammatory and degenerative diseases.<sup>7</sup>

Liquid shark cartilage extract provides a high concentration of inhibitors that protect against these enzymes. In clinical studies, it was able to increase the skin's resistance to acute physical damage, protect against induced irritation, reduce the appearance of spider veins on the face and dark circles around the eyes.<sup>8</sup>

Apart from the energy boost and skin health that these types of bioactive peptides encourage, patients also experience increased muscle strength and mobility. For example, after being prescribed a special blend of these ingredients, one patient was able to stop taking her anti-inflammatory medication (taken for chronic shoulder pain) after a five-day daily intake. She has experienced much less pain, with only occasional mild discomfort and stiffness in her shoulder ever since. Two other patients also noticed greater muscle strength and increased joint flexibility.

Apparently, these extracts also have a powerful modulating effect on the hormonal system. One patient has been self-administering human growth hormones (HGH) by daily injection for over two years. However, she noticed even more remarkable improvement in the appearance of her facial skin after one month of taking a blend of bioactive peptides. Another woman who suffered from menopausal symptoms experienced great relief from symptoms including depression, hot flashes and fatigue.

We have observed good results with single frozen extracts in addition to blends. Two out of three patients that took a certain central nervous system (CNS) formula (one vial per week) noticed greater mental clarity and improved alertness after one month. A patient with a longstanding asthma condition showed greatly enhanced immune system function after taking only thymus extract once a week for two months. This patient was able to recover from bronchitis without any antibiotics, something she'd been unable to do for the past 20 years.

We are getting very good results with MS patients using a special combination which contains shark cartilage, mesenchyme and CNS growth factors. Another area where we are seeing excellent results is in the treatment of chronic fatigue and fibromyalgia. These conditions are treated using a formula which contains mesenchyme and adrenal extract to help increase energy by rehabilitating your cell's mitochondria, which is the "energy factory" of every cell in the body.

In our clinics' experience, a unique blend of extracts including mesenchyme, adrenal, thymus and shark cartilage has been found to fend off the aging process. Mesenchymal extract provides regenerating molecules and can boost your cells' energy levels. Adrenal extract helps strengthen the adrenal gland, which is often compromised in those who experience a lot of stress and in the elderly. Thymus extract offers support to a weakened immune system, which is the major disease-fighter. Cartilage

extract preserves the integrity of cartilage, tendons, skin and other tissues.

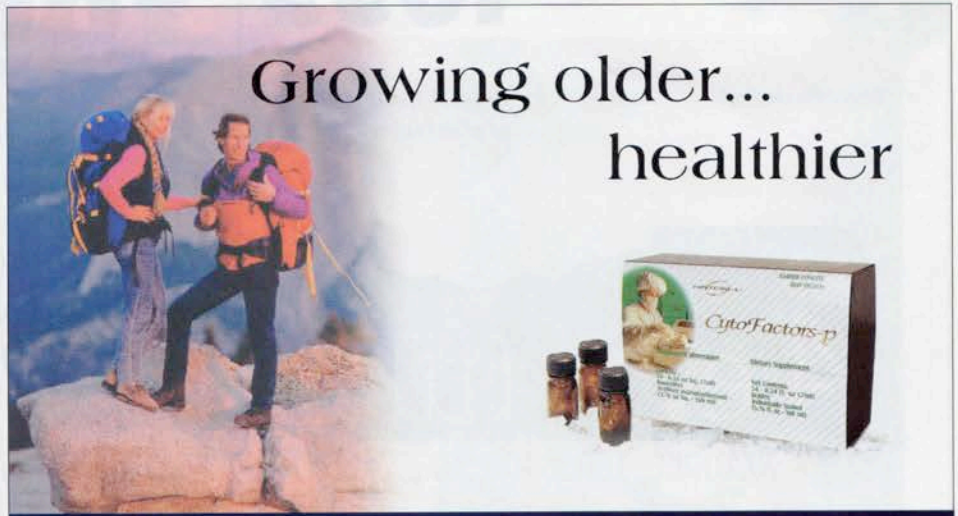
These bioactive peptides are the next step in the search for a highly effective and scientifically based anti-aging program.

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# Growing older... healthier

The doctor's solution to help maintain cellular activity in the aging process\*

## CytoFactors

**Multiple action molecular complex**

CytoFactors contains a proprietary mixture of four bio-active peptides of adrenal, mesenchyme, thymus and cartilage fractions to help maintain active lifestyle and a healthy look.\*

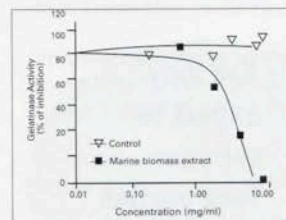
**Unique features and benefits**

- Offers a rejuvenating effect by maintaining healthy tissues\* •
- Provides natural signaling factors that may help to maintain healthy adrenal functions<sup>1</sup> and healthy immune functions\*.
- Contains natural molecules that help to inhibit the activity of a protein called MMP, thus maintaining a healthy extracellular matrix\*.
- Manufactured with a patented biotechnological process to isolate and concentrate molecules in their most natural state. • Complies with cGMP guidelines.
- Contains no preservatives, 100% natural.

**Laboratory tested**

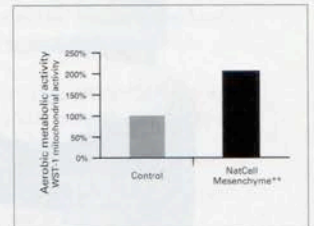
**Inhibition of MMP Activity<sup>2</sup>**

During the aging process, excessive MMP activity contributes to the breakdown of the extracellular matrix (ECM), which is important to maintain healthy tissues and organ functions. Inhibiting MMPs should help maintain a healthy ECM and therefore better circulation of nutrients as well as better integrity of the tissues and organ's structure as observed on the skin\*.



Active factors found in CytoFactors strongly inhibit the gelatinase activity which breaks down the ECM.

**Improved Cellular Activity<sup>3</sup>** Aging is associated with a reduction of cell metabolic activity that leads to cell senescence. Replenishing the pool of naturally occurring cell signaling factors helps to sustain cell energy reserve and thus may help maintain healthy functions of all organs\*.



Signaling factors found in CytoFactors increase normal cell metabolic activity by more than 200%.

*The potential of cell signaling factors has been long investigated: « Restoration of the Responsiveness to Growth Factors in Senescent Cells by an Embryonic Cell Extract »<sup>4</sup>*

E.Amtmann, PhD

**For more information**  
 Toll free: 1 (866) 628-2355  
 Or: orderdesk@atrium-bio.com

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 \*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

